



A CUP OF HEALTH WITH CDC

Eat Well

Adults Meeting Fruit and Vegetable Intake Recommendations – United States, 2013

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

Your parents always told you to eat your fruits and vegetables. Unfortunately, many adults aren't heeding the age-old advice.

Dr. Latetia Moore is a researcher with CDC's Division of Nutrition, Physical Activity, and Obesity. She's joining us today to discuss the importance of eating the recommended amount of fruit and vegetables. Welcome to the show, Latetia.

[Dr. Moore] Thank you for inviting me.

[Dr. Gaynes] Latetia, what is the recommended amount of fruits and vegetables that an adult should eat each day?

[Dr. Moore] Adults should eat one and a half to two cups of fruit each day and two to three cups of vegetables every day.

[Dr. Gaynes] How many adults in the U.S. are actually eating the daily recommended amount?

[Dr. Moore] In every state, less than one in five adults are eating enough fruits and vegetables. We see more people eating fruits and vegetables in western states and in the northeast, and fewer people eating enough fruits and vegetables in the south. But it's important to remember that, in no state are people eating enough fruits and vegetables.

[Dr. Gaynes] What are the benefits of regular consumption of fruits and vegetables?

[Dr. Moore] They add important nutrients to your diet, they can protect you from many leading causes of illness and death, and they can also help you manage your weight if you eat them instead of foods high in sugars and fats.

[Dr. Gaynes] Are certain fruits and vegetables healthier than others?

[Dr. Moore] The Dietary Guidelines recommend that Americans eat more dark green and orange vegetables but consumption is so low that we really want to see people eat more fruits and vegetables period.

[Dr. Gaynes] What can we do to help increase our consumption of fruits and vegetables?

[Dr. Moore] We can start by looking at our kids. Good eating habits in childhood develop into great eating habits in adulthood. Whether your children are with you or at schools or at childcare, you can make sure they're being offered fruits and vegetables whenever food is offered. As adults, in the places where we live, work, and play, we can make sure that we're making healthy choices. That means, when you go to restaurants, look for fruit and vegetable options, as well as when you are at work, what's available in your cafeterias and vending machines.

[Dr. Gaynes] Latetia, where can listeners get more information about developing a healthy diet?

[Dr. Moore] Listeners can go to choosemyplate.gov.

[Dr. Gaynes] Thanks, Latetia. I've been talking today with CDC's Dr. Latetia Moore about the importance of eating fruits and vegetables.

These foods have important nutrients, reduce the risk of leading causes of illness and death, and help maintain a healthy body weight. It's never too late to develop good dietary habits.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.